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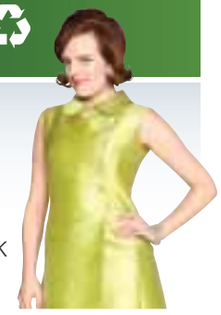
PAGE 9



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'CHANGE HATRED INTO LOVE'

Pope Francis passes among the faithful after celebrating his first Easter mass in St. Peter's Square at the Vatican on Sunday. The Pope made an Easter Sunday plea for peace, saying conflicts have lasted too long in Syria, and between Israelis and Palestinians. See story, page 3.

ANDREW MEDICHINI/THE ASSOCIATED PRESS

No serious injuries after plane goes down

Southern Sask. 'All in all, things could be much worse than what they were,' RCMP say

JEFF MACKEY
jeff.mackey@metronews.ca

A small plane crashed Sunday morning near the southern Saskatchewan town of Carlyle, sending the six people reportedly on board to hospital.

"It is kind of speculation at this point, but the plane obviously did not intend to end up in that field. It was able to be taken down in such a way that didn't cause injuries that are extremely serious," said Sgt. Paul Dawson of the RCMP.

"All in all, things could be much worse than what they were.

"I believe all (occupants) were taken to local hospital for treatment of their injuries, but as a precaution as well," added Dawson. "Thankfully, no one appears to have been seriously hurt and no fatalities."

Dawson did not speculate on the cause of the crash.

"Transport Canada has been contacted and though we have an investigation, so too does Transport Canada," he said.

No further information — including on the kind of plane, the flight's origin and its intended destination — was immediately available.

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NEWS 1

RCMP put out casting calls for police training

Cadets. Community actors wanted to play important parts in role-play scenarios

JEFF MACKEY
jeff.mackey@metronews.ca

The RCMP have put a call out for community actors to assist in the training of their cadets in Regina.

"The roles we are looking for people to take on include them perhaps acting as suspects, victims, witnesses or even being a bystander in a particular situation," said Sgt. Chris Laplante of the RCMP Training Academy. "No acting experience is required. It is an asset, certainly, but it is not mandatory."

The actors will be expected to assist in real-life scenarios that will test what the cadets have learned in training.

"The cadets will drive to a complaint, respond to it, deal with gathering information with regards to the complaint and then decide how to best go about resolving the problem," said Laplante.

For example, an actress would be given a purse and told to memorize its contents. That purse would then be snatched from her, and she would file a report with a cadet who would try to solve the crime.

According to Laplante, having community members assist in training scenarios is better than having mannequins or other cadets play the roles.

"It adds a reality that the cadets will one day be faced with, dealing with someone who they have not met," said Laplante.

"They also bring an aspect of helping us maintain our philosophy of community policing. The community gets a chance to help train the cadets that will one day be serving them."

Anyone aged 16 or over is welcome to apply, pending a free background check.

Follow Jeff Mackey on Twitter @MetroJeffMackey

Two RCMP cadets interact with a volunteer actor as part of a training scenario. CONTRIBUTED/RCMP DEPOT DIVISION

Retrieval. Still no sign of missing man in Saskatoon river

A second day of searching a Saskatoon river for the body of a 60-year-old man was unsuccessful, as the effort turned into a retrieval rather than a rescue.

Members of the Saskatoon Fire and Protective Service's (SFPS) water and dive rescue team were scouring the South Saskatchewan River on Sunday, though the scope of the mission had changed.

"Today, obviously if he's in the water, he wouldn't be alive," SFPS battalion Chief Craig Young said of the victim.

Police said the man could have walked into the river near a road on Saturday afternoon.

SFPS said his tracks led to the water's edge and off the end of the ice.

The name of the man has not been released.

MORGAN MODJESKI/ METRO IN SASKATOON

Homicide

Investigation ongoing after body discovered

Regina police are continuing to investigate the city's third homicide of the year after finding a man's body in a house on Friday.

Officers responded to a 911 call about a seriously injured man on Wascana Street at about 5:50 a.m. Upon arriving at the house on the street's 400 block, they discovered the man was dead.

Police searched the home while major-crimes investigators, a forensic identification unit and the coroner joined the probe.

Police are on the case after a man was found dead at a Wascana Street house on Friday. METRO

Police said they wouldn't release the victim's name until his family had been notified.

They gave no information on possible suspects.

METRO

Northwest

Snow-dump site running again after closure

Regina's municipal snow dump began operating again this past weekend after shutting down on Wednesday.

The city reopened the site at Fleet Street and McDonald Street in the northwest on Friday at 10 p.m.

The storage site was divided on Friday into two dumping sections, one for heavy trucks and the other for light vehicles.

Officials said the site, which was closed last week because the snow had been piled too high to remain safe, could again be temporarily closed if necessary.

METRO

Saskatoon

Mom charged with attempted murder due in court

A 32-year-old Saskatoon woman accused of attempting to kill her six-year-old son will appear in court on Monday.

Saskatoon police responded to a call regarding a child-custody dispute at a home on Thursday evening. Police said when officers entered the house, they found the woman and her son in a bathroom, both suffering cuts and stab wounds to their abdomens.

Both were taken to hospital and are in stable condition.

The woman has been charged with attempted murder and aggravated assault. METRO

Online

For more news visit metronews.ca

Pope issues plea for peace at Easter mass

St. Peter's Square. Pontiff particularly remembers the 'weakest and the neediest' at his first Easter service

Pope Francis prayed that humanity be guided along "the paths of justice, love and peace" in his first Easter Sunday message to the world, decrying the seemingly endless conflicts in the Middle East and on the Korean peninsula after celebrating mass outdoors before more than 250,000 people in St. Peter's Square.

The Pope shared in the crowd's exuberance as they celebrated Christianity's core belief that Jesus Christ rose from the dead following crucifixion. After mass, he stepped aboard an open-topped white popemobile for a cheerful spin through the joyous throng, kissing babies and patting children on the head. He urged Israelis and Palestinians to resume peace talks and end a conflict that "has lasted all too long."

Francis also expressed desire for a "spirit of reconciliation" on the Korean peninsula, where North Korea says it has entered "a state of war" with South Korea.

One admirer of the pope's favourite soccer team, Argentina's Saints of San Lorenzo, gave Francis a team jersey. A delighted Francis briefly held up the shirt, and the crowd roared in approval.

THE ASSOCIATED PRESS

'Let love transform'

The Roman Catholic leader aimed his Easter greetings at "every house and every family, especially where the suffering is greatest, in hospitals, in prisons."

- "Change hatred into love, vengeance into forgiveness, war into peace," he prayed.

Pope Francis kisses a baby after celebrating his first Easter mass in St. Peter's Square at the Vatican, Sunday. Wearing cream-coloured vestments, Francis said mass under a white canopy. GREGORIO BORGIA/THE ASSOCIATED PRESS

Controversy

Google honours Chavez instead of Easter

Google's decision to honour the birthday of U.S. labour organizer Cesar Chavez angered some American Christians on Sunday, who fumed that it was disrespectful to celebrate Chavez with a Google Doodle on Easter Sunday.

The face of the Mexican immigrant who organized Latino farm workers in the 1960s was situated in the middle "o" of the Google logo on the U.S. site Sunday. THE CANADIAN PRESS

Baghdad. Eastern-rite Catholics in Iraq hope the Pope will help them

Iraq's Catholic Christians flocked to churches to celebrate Easter Sunday, praying, singing and rejoicing in the resurrection of Christ behind high blast walls and tight security cordons.

It was the first Easter since the election of Pope Francis in Rome, and worshippers said they hoped their new spiritual leader would help strengthen their tiny community that has shrunk under the joint pressures of militant attacks and economic hardships.

At the St. Joseph Chaldean Church in Baghdad, some 200 worshippers stood and sat during parts of the Easter mass led by Father Saad Sirop.

"We pray for love and peace to spread through the world," said worshiper Fatin Yousef, 49. Like most worshippers she arrived for mass dressed immaculately, her hair tumbling in salon-created curls, wearing a tidy black skirt, low-heeled pumps and a striped shirt. "We hope Pope Francis will help make it better for Christians in Iraq," she said. There are an estimated 400,000 to 600,000 Christians in Iraq, with most belonging to ancient eastern churches. Two-thirds are Chaldean or Assyrian Catholic, who chant in versions of ancient Aramaic, the language that Jesus spoke. THE ASSOCIATED PRESS

Police search a man before mass in Baghdad. THE ASSOCIATED PRESS

China. 2 dead, 1 in critical condition after contracting lesser-known bird flu strain

Two Shanghai men have died from a type of bird flu in the first known human deaths from the strain, and Chinese authorities said Sunday that it wasn't clear how they were infected, but that there was no evidence of human-to-human transmission.

A third person, a woman in the nearby province of Anhui, also contracted the H7N9 strain of bird flu and was in critical condition, China's National Health and Family Planning Commission said in a report on its website.

There was no sign that any of the three, who were infected over the past two months, had contracted the disease from each other, and no sign of infection in the 88 people who had closest contact with them, the medical agency said.

THE ASSOCIATED PRESS

Canuck warship makes huge heroin bust at sea

500 kgs. HMCS Toronto part of naval task force patrolling Indian Ocean

HMCS Toronto seized some 500 kilograms of heroin from a boat in the Indian Ocean last week, according to the Department of National Defence.

The drugs were found on Friday after a naval boarding party searched the vessel as part of a security operation.

HMCS Toronto's commanding officer said it is one of the largest heroin seizures in a maritime environment.

Cmdr. David Patchell said the bust doesn't just keep drugs off the street, but also hurts the finances of terrorist organizations.

HMCS Toronto is part of an international naval task force patrolling the Arabian Sea and Indian Ocean.

THE CANADIAN PRESS

The warship HMCS Toronto. HANDOUT/CPL. MALCOLM BYERS, HMCS TORONTO, DEPARTMENT OF NATIONAL DEFENCE/THE CANADIAN PRESS

The worst in living memory

A harbour light is encased in ice at a landing stage in the Baltic Sea town of Goehren in northeastern Germany on Easter Sunday. Germans will remember March as the coldest the country has experienced since 1883. STEFAN SAUER, DPA/THE ASSOCIATED PRESS

Environmentalism.
Canada lauded for tough stance on Arctic pollution

Canada is winning a rare bit of environmental praise from the international community for its stance on pollution from shipping in Arctic waters.

Documents show Canada is pushing hard to outlaw the discharge of oily wastes or garbage anywhere in the North.

Canada's proposal, during negotiations for a mandatory global shipping code in the Arctic, has won the support of several countries including Germany and France — nations that often criticize Canada over climate change and management of wildlife.

Canadian negotiators proposed very high standards, based on legislation that has been in place since 1970.

"The Canadian and Antarctic experience demonstrates that a zero discharge standard is practicable," says the proposal.

"The Canadian experience also shows that it is not a significant barrier to cost-effective shipping, for purposes ranging from community supply to resource development and limited but growing through traffic."

THE CANADIAN PRESS

Canada is pushing to outlaw the discharge of oily waste or garbage anywhere in the North. JONATHAN HAYWARD/THE CANADIAN PRESS FILE

Victim in mall shooting raided home as a minor

The victim in Toronto's latest homicide was involved in a violent home invasion in Windsor, Ont., in 2005.

Michael Nguyen, 23, was shot and killed outside of a Sears at Yorkdale Mall on Saturday, shortly after 8 p.m.

Police said Nguyen was known to them and released a photo of him Sunday. Windsor lawyer Frank Miller recognized him as a former client, whom he represented in relation to a home invasion.

One of Nguyen's co-defendants was Qoheleth Chong. A man by the same name was shot and killed in Toronto last November. As of press time, Metro could not confirm they are the same person.

In 2008, Nguyen pleaded guilty on several charges and received an adult sentence of five years. He only served about two-and-a-half years in custody because of a sentencing credit.

Miller said there was evidence Nguyen was part of a gang called the Asian Assassins.

"There was a couple ... living in an older, not-very-wealthy part of Windsor," recalled Miller. "They came to the door ... and there was a pizza delivery man there. ... He said they hadn't ordered in and when he turned back there was a guy with a shotgun."

Three minors, including Nguyen, and one adult entered the home armed and bound the woman and the man who lived there with zip ties, said Miller.

"Before they found the woman and put her in zip ties she called 911," he said.

The man had $20,000 in the home in small bills, which he later said had come from gambling, said Miller.

Police arrested the four assailants, recovered four guns they had hidden under a bed and found a fifth gun suspended by a piece of wire in a toilet tank.

Miller believes the man may have been targeted.

"It seemed odd that there were four assailants and five guns and it seemed odd to me that the gun would be suspended by a piece of wire under a toilet tank when the other guns were hidden under the bed," said Miller. "It seemed odd when you added the $20,000 in cash."

JESSICA SMITH/METRO IN TORONTO

Near the crime scene. Inset: Michael Nguyen. RICHARD LAUTENS/TORSTAR NEWS SERVICE

London, Ont.

Corpses found in apartment

A 38-year-old man is facing charges in the deaths of two men whose bodies were found in a London, Ont., apartment this weekend.

Police say Jason Cleveland is charged with two counts of second-degree murder and one count of committing an indignity to a human body.

Police say no other suspects are sought and the names of the deceased won't be released until their families have been notified. THE CANADIAN PRESS

U.S. highway

95-car pileup ends in deaths, injuries

Three people are dead and 25 injured after 95 vehicles piled up on a foggy U.S. highway.

Police say the vehicles were caught in 17 separate crashes along the road near the Virginia-North Carolina border.

A spokesperson said the injuries ranged from serious to minor and that the main cause was excessive speed. THE ASSOCIATED PRESS

Nukes are 'nation's life,' not on bargaining table: North Korea

Threats. Analysts say attack on U.S. is unlikely, but situation could escalate into localized skirmishes

South Korean Army soldiers patrol along a barbed-wire fence near the border village of Panmunjom in Paju, South Korea, on Sunday. North Korea warned South Korea on Saturday that the Korean Peninsula had entered "a state of war." AHN YOUNG-JOON/THE ASSOCIATED PRESS

A top North Korean decision-making body issued a pointed warning Sunday, saying that nuclear weapons are "the nation's life" and will not be traded even for "billions of dollars."

The comments came in a statement released after North Korean leader Kim Jong Un presided over the plenary meeting of the central committee of the ruling Workers' Party.

The meeting, which set a "new strategic line" calling for building both a stronger economy and nuclear arsenal, comes amid a series of near-daily threats from Pyongyang in recent weeks, including a vow to launch nuclear strikes on the U.S. and a warning Saturday that the Korean Peninsula was in a "state of war."

Pyongyang is angry over annual U.S.-South Korean military drills and a new round of UN sanctions that followed its Feb. 12 nuclear test, the country's third.

Analysts see a full-scale North Korean attack as unlikely and say the threats are more likely efforts to provoke softer policies toward Pyongyang from a new government in Seoul, to win diplomatic talks with Washington that could get the North more aid, and to solidify the young North Korean leader's image and military credentials at home. THE ASSOCIATED PRESS

Brinkmanship?

Justifying its nuke pursuit

North Korea has called the U.S. nuclear arsenal a threat to its existence since the 1950-53 Korean War, which ended in a truce, not a peace treaty, leaving the peninsula still technically at war.

Pyongyang justifies its own nuclear pursuit in large part on that perceived U.S. threat.

While analysts call North Korea's threats largely brinkmanship, there is some fear that a localized skirmish might escalate. Seoul has vowed to respond harshly should North Korea provoke its military.

Influx of Syrian refugees. Canada announces $13M in aid for Jordan

Canada is giving the Middle Eastern country of Jordan an additional $13 million to help deal with a crush of Syrian refugees.

Foreign Affairs Minister John Baird announced the aid after meeting with Jordanian officials, including the country's King Abdullah, on Sunday.

"Jordan has consistently demonstrated a leadership role in the pursuit of a just and lasting peace in the Middle East, and it continues to lead in the face of the ongoing crisis in Syria," Baird said in a statement.

Canada has already given Jordan $11.5 million to help deal with more than 380,000 Syrian refugees who have arrived there in the last two years.

The United Nations estimates more than one million people have fled the ongoing violence in Syria, and millions more are internally displaced.

Baird says the new funds will help deal with the immediate humanitarian and security needs created by the influx. THE CANADIAN PRESS

In this image taken from video obtained by the Ugarit News, a fire rages at the Syrian government checkpoint in Dael, Syria, less than 15 kilometres from the Jordanian border, on March 28. UGARIT NEWS/THE ASSOCIATED PRESS

Jailing journalists

Palestine clamps down on dissent

Mahmoud Abbas' government in the West Bank is getting tougher with critics, interrogating, prosecuting and even jailing several journalists and bloggers in recent months for allegedly "defaming" the Palestinian leader.

Rights activists say the legal hassles are meant to silence dissent and that the campaign is intensifying despite promises to the contrary by Abbas. THE ASSOCIATED PRESS

Alleged intimidation

Egyptian satirist released on bail

A popular television satirist known as Egypt's Jon Stewart was released on bail Sunday after nearly five hours of interrogation over allegations that he broke the law by insulting Islam and the president.

Bassem Youssef is the most prominent critic of President Mohammed Morsi to be called in for questioning in recent weeks in what the opposition says is a campaign to intimidate critics. THE ASSOCIATED PRESS

Qatar considers Taliban office

Afghan President Hamid Karzai met with the emir of Qatar in Doha Sunday to discuss the possible opening of a Taliban office in the Gulf state.

The move could foster peace negotiations with the Islamic fundamentalist movement in a bid to stem violence as foreign combat forces prepare to withdraw from Afghanistan by the end of 2014.

The Qatar News Agency said Karzai met with the emir, Sheik Hamad bin Khalifa Al Thani, and other senior government officials on Sunday. He also held talks with Qatar's ambassador to Pakistan.

Afghanistan has agreed the Taliban can open an office in the Gulf state if the group breaks all ties with al-Qaida and renounces terrorism. Talks will be led by a group of influential Afghans that includes former Taliban. THE ASSOCIATED PRESS

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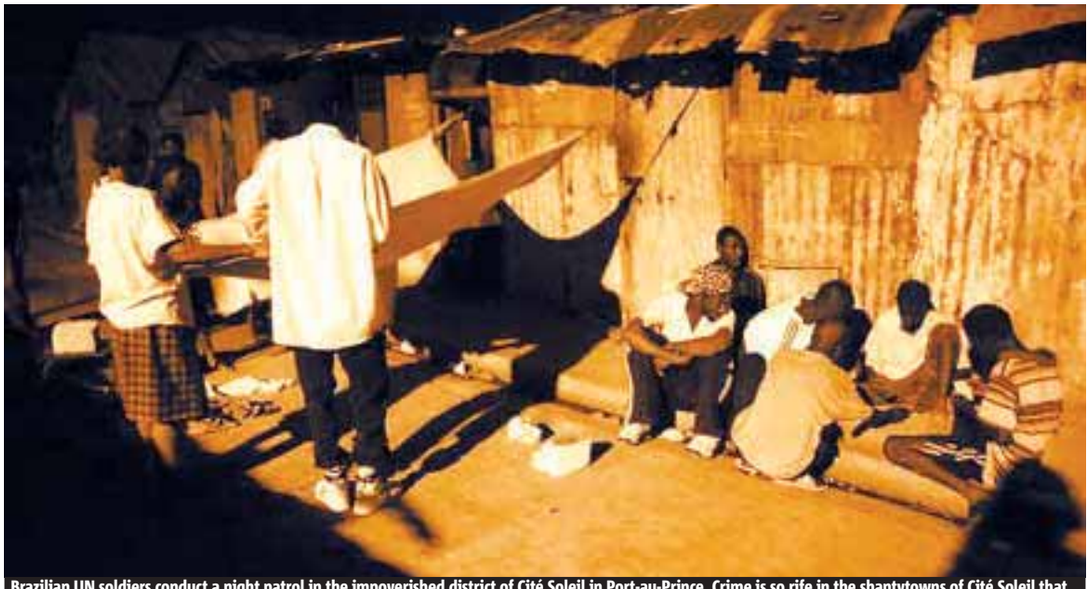
Gangbusters in Haiti build new life for troubled youths

Haiti. Entrepreneurs have set out to fix the country's crime problem — while building the economy

ELISABETH BRAW
Metro World News in London



Brazilian UN soldiers conduct a night patrol in the impoverished district of Cité Soleil in Port-au-Prince. Crime is so rife in the shantytowns of Cité Soleil that NGOs are cautious about investing in the area. But hope comes in the shape of a round ball, under plans to build Haiti's first professional soccer stadium in Cité Soleil. The $5 million Phoenix Stadium will be constructed over rubble from the 2010 earthquake. GETTY IMAGES

In Port-au-Prince, losing one's possessions, even one's life, is a daily risk. During my visit, a young woman of my acquaintance was mugged. Going to the police is not an option. "What can they do?" asked her sister.

Gang violence is a fact of life in parts of Haiti's capital. "The perpetrators are armed youths aged between 14 and 33," explains Peter McNichol, country director for Concern, an NGO that works in the city's most troubled neighbourhoods. "And they're also often the victims. There are few employment opportunities, and as a result some young men embrace violence." Since the gangs' goal is usually money, they target richer residents through robberies and kidnappings. There are also rapes and killings as gangs fight for territory.

But for an injection of hope, go to the new office construction site in central Port-au-Prince. Every crew member here is local, under 30, and earns a good income. Without these jobs, these men would almost certainly be drawn into crime.

"Before this, I had nothing," says 28-year-old carpenter Rony Verly, who lives in the rough neighbourhood of Delmas 2. "Now, after working here for a year, I'm the head of a crew. I've been able to build a house for myself, my wife and kids."

Quote

"Port-au-Prince's poor deserve beauty and dignity, too." Former prime minister Michèle Pierre-Louis

The company building the high-rise, Arcotec, employs 130 men at this site and another 200 around the city.

"Gangs threaten us and want money," explains CEO Patrick Figaro as he shows me around his projects (driving at high speed to avoid being shot or carjacked). "I say to the gangs, 'I'm going to train you and make you part of society.'"

"Sixty per cent of our crew had never worked before, and many are illiterate," says Cleff Eveillard, 29, chief engineer at Arcotec's construction site.

One of the crew, Donald Bien-Aimé, 27, has been apprenticing for four months. "Now I can support my two kids and my extended family because nobody else has a job," he tells me.

In Martissant, Port-au-Prince's largest and most dangerous neighbourhood, former Prime Minister Michèle Pierre-Louis is fighting crime in another novel way: She's built a park, complete with solar-powered lights, waterfalls and medicinal gardens.

"In the past, this space was ruled by gangs," she explains as she shows me around the stunning park (financed by the EU and AFD, the French development agency). "They used to kidnap people and hide them here. But the poor deserve beauty and dignity, too."

Thanks to Pierre-Louis's efforts, Martissant now has regular garbage collection and even access to water. Notes Joseph Arioste, a local water engineer for the French agency GRET: "Before, residents illegally burst the pipes to get water. Now, with proper access, they don't have to."

Arcotec, for its part, has just finished the city's first five-star hotel. "Construction in Haiti solves so many problems: Housing, unemployment and security," reflects Figaro. "It's about getting Haitians to build their own country. NGOs build houses here, but isn't it better to train Haitians to build them?"

Global Shapers

'People are afraid of thinking big'

Haiti's educated workforce is hardly exemplary: Only one per cent of kids finish university, while most entrepreneurs come from well-to-do families who can fund them. That's what we're trying to change with Global Shapers.

Our teachers are sent to schools to train entrepreneurs. Now, we have 20 Shapers (promising entrepreneurs under 30). The challenge is that they don't understand they're part of a global community.

Young Haitians need exposure to the world, but it's a very time-consuming process. They're good at selling things; someone even stole the pineapples in my garden to sell. But they're not good at planning and building. They don't see that process around them, so it's hard for them to grasp it.

People are afraid of thinking big, and sadly entrepreneurs have a bad image here.

HANS TIPPENHAUER
Hub curator, World Economic Forum Global Shapers, Port-au-Prince

Management coach takes on crime

Entrepreneur Lesly Jules teaches management to stem crime.
ELIZABETH BRAW/METRO WORLD NEWS

With 80 per cent of Haitians living below the poverty line, management training may seem frivolous. But according to Lesly Jules, a Port-au-Prince entrepreneur and former university lecturer, it's what Haiti needs. "Most Haitians believe there's nothing they can do about their lot," he says. "All we do is misery management. But if we focus on prosperity, we'll see the resources we have."

Haiti grows exquisite coffee and used to supply the world with fruit and sugar. But today the fruit goes to waste due to a lack of capacity to transport it. "We're a tropical country and we're importing juice!" exclaims Jules. "What's missing is access to finance. If a company can't bookkeep, how can you partner with them? The good news is that our problems are nothing compared to other countries' ones. We have just one language and one ethnicity. Our problem is jobs!"

Today Haiti's best jobs are with NGOs. But Jules aims to change that dependence by giving young Haitians management training, thereby removing them from gangs. After the training period, his company, CSL Consulting, places its students in internships and pairs them with mentors.

"I tell young Haitians, 'Don't sit and (play) dice and dominoes while waiting for a job. Start cleaning your surroundings. People will notice your leadership potential. And we can do our development ourselves. We don't need NGOs from North America and Europe'."

ELISABETH BRAW/METRO WORLD NEWS

Baby in the dock. Former president Jean-Claude Duvalier stands trial

Former dictator Jean-Claude "Baby Doc" Duvalier is finally standing trial for crimes during his 15-year rule in Haiti. Duvalier inherited the presidency from his father "Papa Doc" in 1971, when he was just 19. Under his rule, opposition activists were tortured, many were killed. Baby Doc and his wife, Michèle, lived a luxury lifestyle, and are alleged to have stolen $120 million from state coffers.

It's on charges of embezzlement that Baby Doc is now on trial. A lower court threw out his human rights abuse accusations. This, say critics, proves Haiti is still unable to confront its former strongman. Another ex-president accused of human rights violations, Jean-Bertrand Aristide, now lives freely in Port-au-Prince.

ELISABETH BRAW/METRO WORLD NEWS

Exxon Mobil pipeline spills Canadian crude

Mayflower, Ark.
Cleanup crews trying to prevent oil from reaching nearby lake

Exxon Mobil Corp. says crews are working to contain and clean up an oil spill near Mayflower, Ark., after its Pegasus pipeline ruptured Friday afternoon.

The pipeline carries Canadian heavy crude oil from Patoka, Ill., to refineries on the Texas Gulf Coast.

Exxon Mobil issued a release that said the company was responding to a spill of more than 10,000 barrels and that some 4,500 barrels of oil and water had been recovered.

The company said the 20-inch pipeline had been shut down as crews tried to prevent the spilled oil from reaching a nearby lake. It said cleanup operations were being co-ordinated with the Department of Emergency Management and other local authorities and that the cause of the spill was being investigated.

Last week, federal regulators proposed that Exxon Mobil pay $1.7 million US in civil penalties for safety violations linked to a pipeline rupture that spilled an estimated 238,000 litres of crude oil into Montana's scenic Yellowstone River in July 2011.

The spill fouled approximately 110 kilometres of the Yellowstone River's banks, killing fish and wildlife and prompting a massive, months-long cleanup.

The latest spill comes at a time when proponents of the proposed Keystone XL pipeline have been trying to convince Washington to give the project the green light. Opponents of TransCanada Corp.'s plan to pipe Alberta oilsands bitumen to the U.S. Gulf Coast denounce it as an environmental catastrophe in the making.

THE CANADIAN PRESS

2011 spill

$1.7M

Last week, federal regulators proposed that Exxon Mobil pay $1.7 million US for safety violations linked to a rupture that spilled crude oil into Montana's Yellowstone River in 2011.

Google employees shoot pool in a break room at the Google campus in Mountain View, Calif. on March 15. Silicon Valley companies are planning a flurry of massive new perk-laden headquarters. JEFF CHIU/THE ASSOCIATED PRESS

Silicon Valley ups work perks

Apple's planned ring-shaped, gleaming "Spaceship Headquarters" in Cupertino, Calif., will include a world-class auditorium and an orchard for engineers to wander in.

Google's new campus will feature walkways angled to force accidental encounters. Facebook, while putting final touches on a Disney-inspired campus that includes a Main Street with a barbecue shack, sushi house and bike shop, is already planning an even larger, more exciting new campus.

More than ever before, Silicon Valley firms want their workers at work. Yahoo CEO Marissa Mayer has gone so far as to ban working from home, and many more offer prodigious incentives for coming in to the office, such as free meals, massages and gyms.

This spring, as the tech industry is soaring out of the Great Recession, plans are in the works for a flurry of massive, perk-laden headquarters.

New Silicon Valley headquarters or expansions are under way at most of the area's major firms, including eBay, Intel, LinkedIn, Microsoft, Netflix, Nvidia and Oracle. Many will be huge: Apple's 176-acre campus will be one of the world's largest workplaces.

On the outside, many of the new buildings boast striking architectural designs and will collectively be among the most environmentally friendly in the country. Inside, there are walls you can draw on, ping pong tables, Lego stations, gaming arcades and free haircuts. THE ASSOCIATED PRESS

Quoted

"We're seeing the mature technology companies trying to energize their work environments, getting rid of cube farms and investing in facilities to compete for talent. That's caused a huge transition in the way offices are laid out." Kevin Schaeffer of architecture and design firm Gensler in San Jose, Calif.

Publishing. Free press returns to Myanmar

For most people in Myanmar, it will be a novelty when privately run daily newspapers hit the streets on Monday. Many weren't even born when the late dictator Ne Win imposed a state monopoly on the daily press in the 1960s.

But for 81-year-old Khin Maung Lay, the rebirth of daily newspapers is like a second lease on life. He is chief editor of Golden Fresh Land, one of four dailies going on sale Monday as Myanmar takes another step in its march toward democracy.

He's old enough to recall that there once had been a big and vibrant daily press in the Burmese, English, Indian and Chinese languages in the period of parliamentary democracy after Myanmar, known then as Burma, won independence from Britain in 1948.

While he acknowledges there are innumerable challenges ahead, he said he is ready to face them "in the name of freedom of press."

He's well acquainted with the concept — he went to jail three times under Ne Win, including a three-year stretch in "protective custody," a catch-all phrase the military regime used as an excuse to imprison critics. THE ASSOCIATED PRESS

Morocco. Labour unions protest economic reforms

Thousands of members of two of Morocco's largest labour unions marched through the capital Rabat on Sunday to protest the Islamist-led government's planned economic and labour reforms and its failure to stem unemployment and inflation.

Described as a "national march of protest" pushing for greater freedoms and rights, the few thousand demonstrators, brightly clad in yellow baseball caps and smocks, were smaller in number than past anti-government demonstrations by this North African nation's labour movement.

The protesters were particularly irate over government plans to reform laws dealing with labour unions, including docking the pay of strikers and measures that the government says would increase transparency in union finances.

The activists marched through the colonial-era streets of downtown Rabat, chanting the "people want the fall of the government" and calling for the departure of Prime Minister Abdelilah Benkirane.

THE ASSOCIATED PRESS

Benkirane government

- Prime Minister Abdelilah Benkirane's moderate Islamist party won the most seats in elections following pro-democracy uprisings in 2011.
- He took the helm of the government, promising to fight corruption and address the North African country's huge gap between the rich and the poor.
- His fractious coalition has achieved little, however, and is currently embroiled in the sensitive process of reforming the massive subsidies and pension systems.

New Mexico. Roadrunner makes its last calculation

It's the end of the line for Roadrunner, a first-of-its-kind collection of processors that once reigned as the world's fastest supercomputer.

The supercomputer, housed at one of the top U.S. nuclear-weapons research laboratories in northern New Mexico, was decommissioned Sunday.

The reason? The world of supercomputing is evolving, and Roadrunner has been replaced with something smaller, faster, more energy efficient and cheaper. Still, officials at Los Alamos National Laboratory say it's among the 25 fastest supercomputers in the world.

In 2008, Roadrunner was first to break the elusive petaflop barrier by processing just over a quadrillion mathematical calculations per second.

Los Alamos teamed up with IBM to build Roadrunner from commercially available parts. They ended up with 278 refrigerator-sized racks filled with two different types of processors, all linked together by 89 kilometres of fibre optic cable. It took nearly two dozen tractor trailer trucks to deliver the supercomputer from New York to the lab. THE ASSOCIATED PRESS

An IBM engineer inspects Roadrunner, once the world's fastest supercomputer. IBM VIA FPS/THE ASSOCIATED PRESS

Quoted

"Roadrunner got everyone thinking in new ways about how to build and use a supercomputer."
Gary Grider, of the Los Alamos lab's high-performance computing division

Tech rumours

Is 'Facebook phone' about to be unveiled?

Facebook has invited journalists to the unveiling of what it calls its "new home on Android." Next Thursday's event will take place at the company's Menlo Park, Calif., headquarters, but Facebook isn't providing further details. There has been speculation about a "Facebook phone" for a few years. THE ASSOCIATED PRESS

HST rejection

B.C. returns to old sales tax

Monday marks British Columbia's official return to the provincial sales tax after an almost five-year crash-and-burn relationship with the harmonized sales tax.

Introduced in 2009 as a saviour for business but rejected in a referendum in August 2011, the HST managed to cling to the province's political, social and business fabric until now. THE CANADIAN PRESS

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A KING WHO CARRIED HIS OWN BAGS

Ralph Klein was different.

Klein, who died on Friday, was the premier of Alberta for 14 years and won four successive majority governments. His fans and critics alike called him King Ralph.

But he was no ordinary king. Or maybe that's wrong. He was the Ordinary King.

I got that one day when I was flying from Vancouver and the King was standing in front of me at the WestJet check-in desk in Vancouver, schlepping his own bags and those of his wife, Colleen, doing his best not to hold things up.

If he was the king, where were his courtiers? A real king would mobilize the motorcade, pull up to that place at the airport where only kings go and be whisked through security without ever looking at a bag, never mind actually handling baggage. Eww.

URBAN COMPASS

Paul Sullivan
regina@metronews.ca

The check-in attendant was flummoxed. She kept looking around for some official underling to hand things off to, deferentially referring to her diminutive customer as sir, or was that sire?

That incident taught me something about Ralph Klein, and that is: You can't fake that "man of the people" stuff. You have to recognize your own baggage, and Ralph certainly did that. Who can forget the time he got drunk and turned up at the homeless shelter, shouted at the homeless people to get a job, threw a bunch of dollars at the boys and then stalked off in disgust?

The next day, suffering the mother of all hangovers, both physical and political, a deeply ashamed monarch apologized and swore he was going to seek help.

It was a big mistake, but largely mitigated by the fact that the premier actually knew how to find a homeless shelter and then got into it without all the usual politically correct filters. You'd like to see Brad Wall do something as unscripted as that, maybe without the insults.

Which is why, perhaps, so many politicians, including Premier Wall and his political opposite, Roy Romanow, have come to praise King Ralph, not just to bury him. Romanow, the Prairie socialist, will even speak at the memorial of the redneck Prairie populist. There's nothing unusual about praising the dead, since they can't hurt you anymore, but you can sense a genuine admiration for Ralph Klein's uncanny knack. He was a politician's politician.

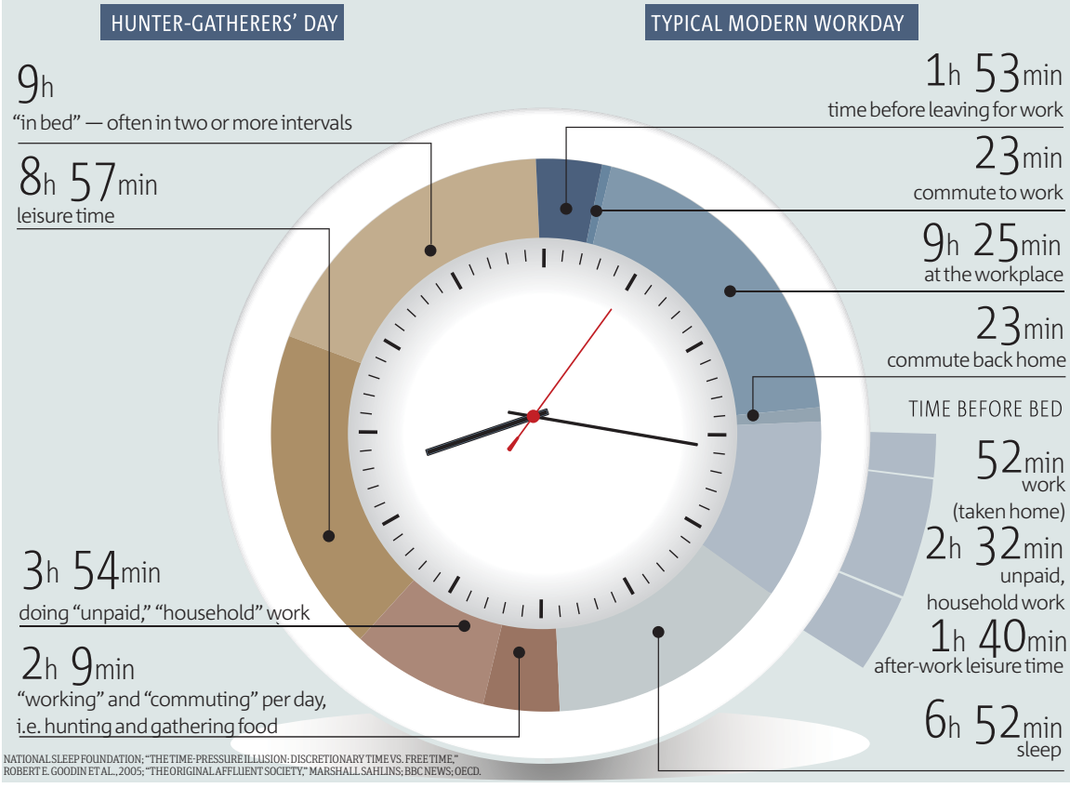
Brad Wall remembers a fishing trip during which Ralph caught all the fish, probably because he knew where the fish lived. And Romanow, who tried to hold Canada together when it seemed no one else wanted to bother, marvelled at Klein's capacity to be both a champion for his province and a loyal Canadian.

They don't make them like Ralph Klein anymore. The King is dead. Long live the …?

ZOOM

Where did all of our time go?

If you feel time-poor and complain there aren't enough hours in the day, you're not alone, and, most likely, it is not your fault. Better organization will not fix the time crunch. The eight-hour-day movement has failed miserably: The Industrial Revolution robbed us of normal sleep patterns, and the Digital Revolution made us work at home. The average working-age person already has only one hour and 40 minutes of leisure time per day: 5.37 times less than our hunter-gatherer ancestors.



NATIONAL SLEEP FOUNDATION; "THE TIME-PRESSURE ILLUSION: DISCRETIONARY TIME VS. FREE TIME," ROBERT E. GOODIN ET AL., 2005; "THE ORIGINAL AFFLUENT SOCIETY," MARSHALL SAHLINS; BBC NEWS; OECD.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

The golden age of radio drama is long gone, but the genre lives with help from podcasters who use new technology to reinvigorate an old art form. Subscribe to these three in the iTunes store for regular doses of beautifully produced theatre of the mind:

The Truth:
Strong improvisation and on-location recording by a team of stage and radio veterans keeps this series of "movies for your ears" inventive and surprising. In Good Hands, the story of a secret world below an abandoned subway station, is genuinely chilling.

Chatterbox Audio Theater:
A nice mix of classics such as Oedipus, recreations of famous radio dramas and original collaborations that explore everything from life in prison to our relationship with fear.

Welcome To Night Vale:
An oddly funny biweekly community update from the town of Night Vale, where regular small-town life unfolds before a surreal backdrop of supernatural events, dark hooded figures and disturbingly powerful municipal leaders.

Letters

RE: Sadistic, tyrannical, unstable … psychiatrist reveals the dark side of tragic Ashley Smith, a teenager who killed herself in her jail cell, published March 26

I was absolutely disgusted by what Dr. Penn stated: only top-quality, sustained psychological care could have helped Ashley Smith's extreme problems. At that facility they no doubt use the standard way of treating patients.

Everyone assumes that psychiatrists are helpful, but in reality their goal is to make patients feel content and getting to the base problem. Instead, when people are down you must push them far into the zone of happiness, and show them that past feelings and thoughts have created every situation in their life. Every person on Earth has the opportunity to live a happy life. So why are we throwing people in jail cells and feeding them harmful drugs?
Dayna Vago, London, Ont.

WE WANT TO HEAR FROM YOU: Send us your comments: reginaletters@metronews.ca

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Promo

A poster says 1,000 words

Being that Mad Men is a show about advertising, it's always been important that it have great advertising itself, and the promotional image for season six is no different — though it does break from the show's previous style in a very striking way. For the image, Mad Men turned to 75-year-old illustrator Brian Sanders, who created a lush, period-appropriate image with two Don Drapers and plenty of suggestive imagery. "I know people are looking for meaning and everything. There is a lot of meaning in it," series creator Matt Weiner concedes. "It came from a dream. I had this dream — and it was not Don, it was me, but a lot of stuff is like that." So what was that dream — and this season's promo poster — about exactly? Never a fan of divulging specifics, Weiner at least offers that the focus is on "the anxiety that is created by — in all of these characters — wondering why they are the way they are," he says.

The Internet can make a man go mad

Online angst.
Mad Men creator Matt Weiner's friends and family have banned him from reading negative criticism

NED EHRBAR
Metro World News in Hollywood

A word of caution to angry Internet commenters and recappers: Mad Men creator Matt Weiner knows what you're writing about his show. Or at least he used to until he was banned from visiting them by his wife and writing staff.

"This is a terrible job for someone as oversensitive as I am. When I was on The Sopranos, it didn't even exist," Weiner says.

"I try and stay away from it. What usually happens now is somebody — a friend — will send me something. And it's still this addiction."

To Weiner, it's pointless to fight the compulsion to seek out criticism.

"This is human nature," he says.

"There's two jars in the next room. One of them is filled with little fortune cookie fortunes, and the other one has two of them in it.

"(The big jar) is the good things about you, (the little jar) is the bad things about you that people have written. Go in there. You get to pick one piece of paper. You pick the bad one. I will keep looking until I find something bad. I don't even know how it works."

For an example, he offers an episode from last season, Signal 30, that garnered some reactions he didn't appreciate.

"It was Vincent (Kartheiser's) performance, you know, when he's in the elevator and says, 'We're supposed to be friends. I have nothing,'" Weiner remembers.

"That to me is like the saddest thing I ever wrote. I was very emotional about it, and when it aired people are like, 'A Pete story. I hate that.' So I just try and stay away from that stuff as much as possible."

Hence the banning. And he's been good for the most part, but he did slip up a few times last season.

"I really was off it for a while, and then (the season five episode) the Suitcase happened and everyone was like, 'You've got to read this. You have to read what people said about this thing,'" he says.

"So I read it and I loved that episode, but the episode that was on the week after that was actually my favourite of the season, the Summer Man. It's a very emotional story for me. So of course I read (the reactions) the next week and it's, like, brutal.

"The immediate response is, you know, hatred, anger, disgust, betrayal. And I kind of am like, I can't believe I let these strangers hurt me."

With season six debuting, maybe it's time for Weiner's wife and staff to look into some parental controls for his web browser.

What's in store for Jon Hamm in the next season of Mad Men? HANDOUT

Sticks and stones

"The immediate response is, you know, hatred, anger, disgust, betrayal. And I kind of am like, I can't believe I let these strangers hurt me."

Mad Men creator Matt Weiner on getting upset over criticism of his show on the web

Pushing Peggy for some answers

NED EHRBAR
Metro World News in Hollywood

When Elisabeth Moss found out last year that her Mad Men character, Peggy Olson, would be leaving her job at Sterling Cooper Draper Pryce, she had just one question. "He called me before the Episode 11 script came out, and he told me the whole thing," she recalls. "He called me and said all this stuff's going to happen and you're going to leave. I literally was like, 'That sounds amazing: Am I still on the show?' He was actually a little bit offended and he was like, 'Of course! Yes!' I was like, 'Well, it's a logical question.'"

Moss is still very much a part of Mad Men going into the new season, even if she's off to a new agency — though she admits she was a bit worried about how much screen time she'd have now that she's not an employee of Sterling Cooper Draper Pryce. "I was, actually, at first, to be honest. I totally was," she says. But now? "The only thing I can say is I'm very happy with where it's gone, I'm very happy with what's happened. I was actually pleasantly surprised by how much I had to do in this season. I was kind of expecting not to be in it so much, because I thought well, I'm at a different agency. And I'm pleasantly surprised."

While doing press for the new season of the hit series, Moss even acknowledged her own presence in interviews didn't necessarily mean Peggy would be seen much in season six. "Maybe this is a huge trick. This is a big red herring," she jokes.

"They're like, 'You have to come do press.' I'm like, 'I'm not on the show anymore!' No. I am on the show," she says.

Elisabeth Moss. HANDOUT

Pop goes the week

Don't say hello to Eva Mendes' dog

STARGAZING
Malene Arpe
scene@metronews.ca

Eva Mendes

Eva Mendes is upset that people know the name of her dog and finds it "creepy" that passersby say "Hey, Hugo" when she's walking her pet. Hugo, meanwhile, finds it really weird that Eva gets to see Ryan Gosling naked on a regular basis and yet dwells on creepy things that aren't creepy at all.

James Franco says he kinda understands why people hate Anne Hathaway while James's neighbour says James litters and is a never-ending nuisance. No truth to the rumour that the neighbour rented under the name Spanne Blathapay.

Matthew McConnaughey says that his friend Lance Armstrong "told a lie, (but) he's not a liar". Matthew continues, "read more on this particular line of reasoning in my upcoming book I Make No Sense But That Doesn't Make Me A Not-Making-Sense Maker."

In collaboration with Coca-Cola and American Idol, Carly Rae Jepsen will allow people to vote on the lyrics for her next song. Three options will be presented for every line of the song and the voting is already heating up to decide whether "Here's my slumber, so wake me Katey," "Here's my plumber, so save my baby" or "Here's cucumber so, like, make some salad or something" is the winner.

Kim Kardashian says that she and her collaborator Kanye West want to name their baby "something that's unique". May we suggest Er Shun or Da Mao. Or perhaps simply Kanda.

A Vera Wang store in Hong Kong has started charging $500 if you want to try on a wedding gown. Thus adding monetary pain to the realization that you still have some four months of paleo-dieting to go.

Manteresting is a new site for men who hate that Pinterest is the worst because of all the women and their women things and that it doesn't have enough pictures of things made from meat and rusty nails. If it's a success, watch for Manstagram, Manspace and Why Don't Men Have Anything In The World That They Control Book.

According to a Details poll, the celebrities who most often feature in people's naughty fantasies are Ryan Gosling and Mila Kunis. Better luck next year to the cast of Splash.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Amanda Seyfried ALL PHOTOS GETTY IMAGES

What's the worst insult a young actress can endure?

This might be it. Les Misérables star Amanda Seyfried was mistaken at LAX for her Mean Girls co-star Lindsay Lohan. "I just got mistaken for a Ms. Lohan at Newark Airport," Seyfried posted to Twitter. It's probably not a comparison Seyfried welcomes, considering her previous comments about Lohan: "Lindsay was great on Mean Girls. I think that was before she got a little nuts," Seyfried previously told Teen Vogue. "I kind of don't expect some of these girls, who've been working since they were two, to be sane."

Twitter

@KChenoweth
How can one weigh 88 lbs and still have a muffin top?

@ParisHilton
Just finished judging Miss Ukraine, had a great time. Now to the after party to celebrate my friend Alexander Onyschenko's birthday!

@MissKellyO
Whenever Im bored I brake out my binoculars & lurk at people from my balcony just saw a man pick his nose & eat it.

@bobsaget
Every day that I begin with eggs goes really well.

Justin Bieber

Bieber's got nothing to declare except his monkey

Justin Bieber just can't catch a break. Heading into Germany for the next leg of his European tour, the pop star was hit with an unsettling surprise when his prized Capuchin monkey was seized by German customs officials after he tried to bring the animal into the country without permission, according to People magazine. "Justin Bieber brought his monkey to Germany but had no official paperwork for him," a customs spokesman says. "We were forced to confiscate the animal."

Jeremy Renner

Renner, ex new parents to baby girl

Avengers star Jeremy Renner and an ex-girlfriend welcomed the birth of daughter Ava Berlin Renner, according to Us Weekly. "They are beyond thrilled," a rep for Renner says in a statement. "Mother and daughter are doing great." Though the parents are no longer together, Renner had made a point of putting the mother-to-be up in his Los Angeles home as she awaited the birth. "They used to date but it wasn't serious," a source says, adding that Renner was "being ultra-secretive about it, but she has been going on about her life and not hiding it."

Long waits

Start a story, kill some time

I came up with this little trick during one of my son's many visits to one of his specialists at Toronto's Hospital for Sick Children.

All you do is tell a story. One person starts the story by telling the first line and it then moves to the next person who continues the story along by adding another line.

You continue until you feel the story is complete.

It helps kill time during those long waits.

NATALIE ROMERO OF YUMMYMUMMYCLUB.CA

Learning

App turns kids into artists

Skatoony: Skadoodle (99 cents on iTunes) is a great example of an app where learning and fun are at your fingertips. It's not about basic shapes for toddlers. We're talking trapezoids, verticals, horizontals, semicircles on the right, and spirals inside circles. Press the buzzer, and you have about 20 seconds to guess what image you've drawn. Hurry.

Guess correctly and you earn Skatoony Bucks.

RUTH SPIVAK OF YUMMYMUMMYCLUB.CA

Exclusively online

Mommy and Daddy desperately need a vacation and they're off to Florida. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices

Feeling exhausted? Laugh it off

Handling sleep deprivation. Here are some tips for surviving the day after the kids have kept you up all night

ANDREA NAIR
YummyMummyClub.ca

As I drag myself off the floor where my three-year-old and five-year-old are happily playing, I am trying to summon motivation to help stop feeling sorry for my tired body that was kept up last night by a feverish child. Life has to go on today — no calling in sick here.

How many of you are nodding with me?

I am making this list to help myself today because I managed in the past to get through many sleepless nights, and the following sleepy days.

My goal is to make it through intact and not let my tiredness turn me into a jerk.

Whether you are at work or at home, use any of these caffeine-free tips that suit you to help through your sleepy day.

1) Create a safe zone for the kids and then curl up near them for a power nap.
When the kids were younger, I would barricade them in a small area and fall asleep on the floor beside them. Now I can sleep through a blaring TV or Lego dismantling.

Quote

My goal today is to make it through intact and not let my tiredness turn me into a jerk.

2) Stop telling yourself you are tired.
Positive thinking will make a big difference. Put on your glass-half-full goggles. There have been many studies that demonstrate humans can do just fine on even four hours of sleep if they need to.

Remind yourself of this all day.

3) Don't sit around too much, and try to get outside.
I find I am more tired when I am sitting.

If I take the boys outside or to play somewhere else, I often forget how tired I am. But don't push yourself too hard for multiple days in a row.

A day or two here or there of pushing yourself onto your feet will be OK.

If this is a repeated pattern, you run the risk of harming your health.

4) Do something that will make you laugh because laughing releases the same tension as tears.
I do feel like crying — all day. So laughing is a much better option! My choices are usually: air guitar to my favourite songs, hanging with friends, watching a funny video.

5) Do some yoga and/or meditation.
Inversion poses are super for waking the body and mind.

If I start to feel fuzzy, I do a sun-salutation series or meditate for a couple minutes.

6) Drink water with lemon and eat real food.
Junk food is not only bad for you, it often makes you sleepy.

7) Have a shower, do your hair and wear nice clothes.
For some reason I feel better when I'm not in a pony tail and saggy-butt grey sweat pants.

I need to put my psychotherapist hat on and say that if sleepless nights are a chronic problem, seek professional help either through a trained child sleep expert (my go-to girl there is Alanna McGinn) or a trained counsellor.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD

Feeling down and out? Try our pick-me-ups. ISTOCK PHOTOS

Use your stroller to create strong, toned legs

Get out into the world and tone up. ISTOCK PHOTOS

Early spring can often be absolutely gorgeous and you can take advantage of those occasional warm spring days to do a little stroller fitness on your own.

Warm up
Start by walking briskly. Find a quiet street or park with paved paths so you can maintain your preferred speed without crashing into pedestrians. Few pedestrians enjoy that. Walk or jog for five to 10 minutes until you have broken a sweat and feel warm and slightly breathless.

Strength
Walk or jog one to two blocks (or about one minute) between each of the following exercises.

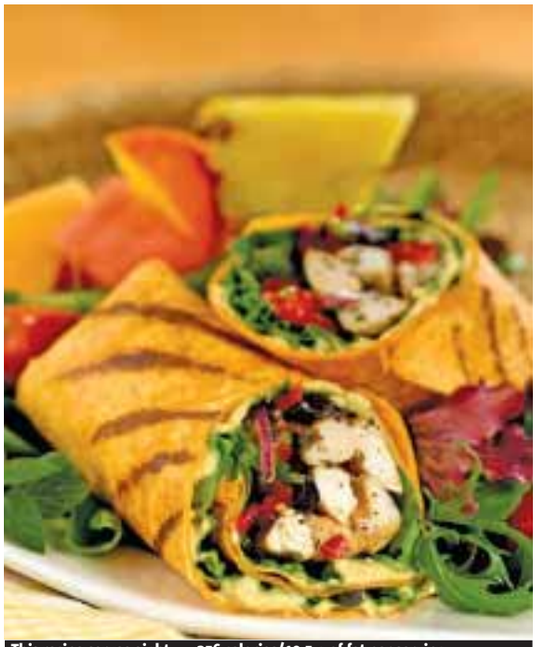
Walking stroller lunge and pulse.
With both hands on the stroller and elbows slightly bent, take a large step with your left foot and drop into a lunge position until your left thigh is roughly parallel with the ground. From the lowest position you can maintain, pulse up one inch and back down, then step up and move forward with your right foot this time. Continue walking until you have performed 20 lunges, alternating as you would while walking.

Stroller butt kick
With both hands on the stroller and elbows slightly bent, jog and kick your heels up to tap your bum (or get as close to tapping as you can), squeezing your hamstrings. Try leaning slightly forward and staying on the balls of your feet to kick faster and harder. Continue jogging forward until you have performed 30 kicks on each leg, or 60 total.

Bonus points
Every time you pass a wall or bench, stop to perform five to 10 push ups for some upper body strength training, too.

DARA DUFF-BERGERON OF YUMMYMUMMYCLUB.CA

Spring into the warmer weather with an energizing spinach wrap



This recipe serves eight — 256 calories/10.5 g of fat per serving.
BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

This is a wrap I developed for the Pickle Barrel chain of restaurants in Toronto. When the customers want a healthier wrap, this is what they order. The spinach, chicken and hummus combo is a winner. Homemade hummus has fewer calories and less fat than the store-bought type.

1. Working with one at a time, pound the chicken breasts to an even ½-inch thickness between two sheets of waxed paper. Spray a non-stick grill pan with cooking oil and sauté the chicken for 8 minutes, or until no longer pink in the centre. Slice into thin strips.

2. Stir peppers, onion, feta, tomatoes, olives, oil, basil and garlic together in a large bowl.

3. Spread the hummus over the tortillas. Place the vegetable mixture over the hummus. Scatter the spinach leaves overtop and add the chicken. Roll the bottom of each tortilla up and over the filling, fold in both sides, and continue to roll up tightly. Cut each roll in half.

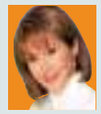
ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 8 oz skinless boneless chicken breast
- 1 cup thinly sliced green bell pepper
- 1 cup thinly sliced red bell pepper
- 1/3 cup thinly sliced red or sweet onion
- 1/3 cup low-fat feta cheese, crumbled
- 1/2 cup chopped rehydrated sun-dried tomatoes
- 1/3 cup diced black olives
- 1 tbsp olive oil
- 1 1/2 tsp dried basil
- 1 1/2 tsp minced fresh garlic
- 2/3 cup hummus
- 4 large whole wheat tortillas, or flavour of your choice
- 1 cup baby spinach leaves

Healthy eating

Choose it and lose it



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Of course fries are deep-fried, which equals calories and fat. Next time, reach for another option instead.

New York Fries Classic Fries (regular)

580 calories / 27 g fat

Even though these fries are cooked in trans-fat free, non-hydrogenated sunflower oil, there are very few nutrients in this meal or snack. This represents one third of your daily calories and fat. Not worth it!

Equivalent

The regular fries are equal in fat to five Wendy's baked potatoes with sour cream.

New York Fries Hot Dog with cheese sauce

435 calories / 21.3 g fat

I don't often recommend hot dogs, but there are not a lot of choices at New York Fries. Even with the cheese sauce, it's a marginally better choice than fries.

Sumptuous snack. Rhubarb pecan muffins

For optional muffin toppings visit the recipe's website. GOBARLEY.COM

Lightly grease or spray non-stick muffin pans with non-stick cooking spray. In a large bowl, combine flours, sugar, baking powder, baking soda and salt. In another bowl combine egg, canola oil, orange peel and juice. Add to dry ingredients along with chopped rhubarb and pecans. Spoon into prepared pans. If desired, sprinkle 1 tbsp (15 mL) topping on each muffin. Bake in a 375 F (190 C) oven for 25 minutes or until tops are firm to the touch. Makes 12 muffins. GOBARLEY.COM

Ingredients

- 1 cup barley flour
- 1 cup all-purpose flour
- 3/4 cup granulated sugar
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1 tsp salt
- 1 egg
- 1/4 cup canola oil
- 2 tsp grated orange peel
- 3/4 cup orange juice
- 1 1/2 finely chopped rhubarb
- 3/4 cup chopped pecans

A burrito for every taste bud

A staple in our house, these burritos are usually made on the weekend and then wrapped up individually and stashed into the freezer for busy weeknights. Not only are they fast and easy to make, they are fairly economical, healthy and filling for hungry teens. We've been known to eat them cold in lunches, or serve them up for dinner topped with chopped avocado, fresh salsa and a side salad. If you wish, you can even substitute the beef with ground chicken. You can make them spicier by adding a little chipotle to the meat or a hot salsa, or keep them mild by reducing the spices.

These burritos are delicious served with fresh salsa, sour cream and guacamole, along with a side salad. Recipe serves 8. KAREN HUMPHREY

1. In a large frying pan, sauté the onion in a little olive oil until softened, about 5 minutes. Add the jalapeno (if using) and sweet pepper, sautéing and stirring until softened as well. Push to the side of the pan, add a little bit more oil and then the ground beef. Continue to cook and stir until it's cooked through and no longer pink. Sprinkle with salt and pepper to taste, then chili powder, cumin and oregano. Cook a little longer so the spices really add flavour to the meat, then stir in the salsa. Set the meat mixture aside to cool.

2. Place the garlic clove, cilantro stalks, kidney beans, chili powder, cumin, salt, olive oil, zest from 1/2 lime, and juice from 1/2 lime in a food processor. Add about 2 tbsp of water and process until smooth. You can always add a little more water if you need to in order to moisten it or make it smooth enough to spread.

3. Lay the tortillas out on the counter in front of you. Divide the bean mixture evenly among the tortillas, placing a dollop in the centre of each. Divide the meat between the tortillas as well, mounding it on top of the bean paste.

4. Sprinkle Cheddar cheese on top of the bean mixture and meat. To roll up, take the tortilla and fold in the sides. Taking the end closest to you, fold it up and over the filling, and tucking in the sides, roll the tortilla away from you. Place seam side down on a square of cling wrap. Roll up in the cling wrap tightly then fold over the ends. Place the rolled tortillas in a large freezer bag in a single layer and seal.

If you plan to eat the burritos immediately, instead of rolling them in cling wrap, place them seam side down in a greased baking dish. Bake for about 15 minutes in a 350 F oven until heated through. If you are heating them frozen, defrost in a microwave and then heat in a 350 F oven for about 15 or 20 minutes until the tortilla is hot and crusty and the filling is hot.

KAREN HUMPHREY OF YUMMYMUMMYCLUB.CA. YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD.

Ingredients

- 1 small onion, finely chopped
- 1/2 jalapeno pepper, seeded and finely chopped
- 1 sweet red pepper, chopped
- 1 lb ground beef
- salt and pepper, to taste
- 2 tsp chili powder
- 2 tsp cumin
- 1 tsp oregano
- 3 tbsp salsa, or a bit more to moisten
- 1 clove garlic, peeled and cut in half
- 1/4 cup coarsely chopped cilantro stalks
- 1 19 oz can kidney beans, drained and rinsed
- 1 tsp chili powder
- 1 tsp cumin
- 1/4 tsp salt
- 1 tbsp olive oil
- 1 lime
- 2 tbsp water
- 8 10-inch flour tortillas
- Cheddar cheese

Who rises to the top? Is it the person who delivers or the person who behaves a certain way? It's in your best interest to find out. ISTOCK

So what's it like to work there?

Questions of culture. Find a workplace that suits your personality and your passions

YLVA VAN BUUREN
CareerBear.com

Corporate culture can be pretty far down on your priority list when you're in the midst of a job search, but don't underestimate its importance to your long-term satisfaction at a job, says Stefan Danis, CEO of Mandrake and NEXCareer.

Corporate culture refers to values, attitudes and behaviour of employees encouraged and supported by the organization.

The following questions can help determine the culture of an organization — and whether it is a good fit for your personality and work style. How you get the answers may take some detective work. Google the company, talk to employees you know who work there, if you have an on-site interview, arrive a little early and chat with the receptionist, and ask probing questions, at the appropriate time, during job interviews.

What stage is the firm at?
If it's a start-up, the culture is going to be fast-paced and probably entrepreneurial, which is a perfect fit if you're a high-energy sort, says Danis. If the company is in the midst of a turnaround, you're doing something on the clock. If the firm is sustaining success, the culture may be far more measured.

The good and the bad

What are people really saying?

If you're comfortable with the interviewer, ask more probing questions about what part of the work culture is not working so well. For example, the company is trying to hire more gen Xers and at the core, it has a traditional, inflexible work culture. Or, is it a high pressure workforce where employees are always exhausted?

What does the workspace look like?
When you walk through the office for an interview, for example, notice how people work. If they all have their own offices, the organization is likely hierarchal. If there is an open concept with employees working and overlapping physically, the culture is likely more collaborative. How are people dressed? Do they seem friendly and happy… or closed and self-important.

Is a team atmosphere encouraged?
Talk to employees you know at the company or check out bulletin boards, etc., to see if there are employee "events" such as "huddles" every morning or rallying lunches. Do company meetings occur off-site at weekend retreats? Is there regular correspondence to employees?

How is performance measured?
Is there a formal annual process for reviewing progress? Is it more of a casual "just in time" feedback, or is performance management seen as a tedious process?

"Some companies base merit increases on 'hard' accomplishments such as sales units while others measure 'softer' behaviours such as leadership skills and even reward them through a 360 feedback loop, where colleagues and stakeholders share their point of view on your style and how you go about your work." Danis says the latter would suggest an environment where a firm is actively encouraging a team agenda as opposed to highlighting individual talent.

The great web of work

- Career Bear is Canada's premier source for people who want a new career but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.

Blogging all the way to the bank

There's no get-rich-quick scheme when it comes to blogging. Creating a website, building an audience and eventually garnering revenue is an exhausting process — which is why most successful blogs are labours of love. A good blog stems from an unwavering desire to do the thing you most enjoy and share it with the world.

Lauren Lilling had a degree in finance, but Wall Street just wasn't cutting it for her. A year after starting her blog, Keep It Sweet Desserts, Lilling left the world of finance and devoted her time to a new business: a blog and "e-bakery" where users can order treats like her seasonally appropriate "Matzo-crack" salted chocolate matzo.

Like any savvy business owner, Lilling drew on what she knew. "As someone who worked in finance prior to starting a business, I was able to use skills from my previous career, leverage the social media buildup I had from blogging and build on the relationships in both places," she says.

Babette Pepaj runs TECHmunch, a conference for food bloggers to help them do what Lilling has done. Pepaj travels around the U.S. to help food bloggers make their work more financially rewarding, she says.

"The unsuccessful bloggers I've seen are the ones who are short-term planners," says Pepaj. Most important, she says, is keeping the blog active to attract interest from advertisers. "You can't expect a brand to look at your blog that hasn't been updated in four weeks and think your community is engaged," she says.

JULIA WEST, METRO NEW YORK

Of pennies and posts

Two tips for turning your blog into a career:

- **Have a clear focus.** In this case, casting a wider net will not necessarily get you a wider audience.
- **Use social media.** Utilize different platforms in order to promote your brand and drive traffic to your site.

Pittsburgh Penguins centre Sidney Crosby is helped by winger Pascal Dupuis after being hit in the face with a puck during the first period of their game against the New York Islanders in Pittsburgh, Saturday. Crosby did not return to the game. The Penguins won 2-0. GENE J. PUSKAR/THE ASSOCIATED PRESS

Crosby finds himself back on injured list

Out indefinitely. Sid's broken jaw overshadows Iginla debut and Penguins' win streak

Sidney Crosby has a broken jaw and is out indefinitely after being hit in the mouth with a puck during a win against the New York Islanders on Saturday.

The Pittsburgh Penguins said on the team website Sunday that Crosby had surgery Saturday night, and there will be an update on his status later in the week. Crosby, the NHL's leading scorer, was struck in the face during the first period of the Penguins' 2-0 win. Slow-motion replays showed multiple teeth flying out of his mouth after the puck struck him during his first shift. The team said Crosby had "major dental work" and will have more done later in the week.

The Penguins have won 15 straight games, and next play Buffalo on Tuesday. Crosby has 56 points (15 goals, 41 assists) and holds a 10-point lead in the scoring race. He has not missed a game yet this season after being limited to 22 regular-season games over the prior two calendar years because of concussion-like symptoms and neck issues after absorbing big hits in consecutive games Jan. 1 and Jan. 5, 2011.

Midway through his comeback season, Crosby said he was feeling so good he "doesn't even think about" the risk of concussion or head or neck injury anymore after two years in which it dominated his life.

After Saturday's game, coach Dan Bylsma did not rule out the possibility Crosby would undergo evaluation for a concussion. There is no indication, however, that Crosby sustained a concussion and the Pittsburgh Tribune-Review, citing unidentified sources, reported Crosby is free of concussion symptoms.

THE ASSOCIATED PRESS

Iggy's take

The accident overshadowed not only the Pittsburgh's 15th consecutive victory — only one winning streak in NHL history has been longer — but also the Penguins debut of Jarome Iginla. Acquired via a trade with the Calgary Flames early Thursday morning, Iginla said players on the Penguins' bench were talking and asking about the condition of their captain during the game. "Very unfortunate play," Iginla said. "Seeing on the replay, he didn't see it coming at all."

NCAA

Wolverines off to the Final Four

Canadian guard Nik Stauskas scored 22 points, including six three-pointers, and Michigan is going to the Final Four for the first time since the Fab Five era after a 79-59 rout of Florida in the South Regional final Sunday.

Nik Stauskas
GETTY IMAGES

Stauskas, a freshman from Mississauga, Ont., hit all six of his three-point attempts, including consecutive makes from the left corner for to give Michigan a 41-17 lead.

The Wolverines, with a steady rotation of six freshmen and a sophomore, are headed to Atlanta to play Syracuse (30-9) in a national semifinal game Saturday.

THE ASSOCIATED PRESS

Golf

D.A. Points wins the rain-delayed Houston Open

D.A. Points came back from a long rain delay and made four pars, the last one giving him a one-shot victory in the Houston Open and sending him to the Masters.

Points closed with a 6-under 66 on Sunday, saving par on the last two holes at Redstone Golf Club to outlast Masters-bound Henrik Stenson and Billy Horschel. The final round was halted for nearly three hours because of storms that soaked the golf course.

THE ASSOCIATED PRESS

Taman gets vote of confidence from Riders

General manager Brendan Taman was given a two-year contract extension from the Roughriders on Thursday. TROY FLEECE/THE CANADIAN PRESS FILE

The Saskatchewan Roughriders signed general manager Brendan Taman to a two-year contract extension Thursday.

The new deal leaves Taman under contract to the CFL club through the 2015 season.

"By completing this extension we have created continuity within the Riders football operations," team president Jim Hopson said in a statement.

"We feel Brendan is continuously increasing the talent level of this team and we are excited to move forward under Brendan's direction."

Quoted

"My job is to keep moving this team forward and I am confident we have the people in place to do that."

Roughriders GM Brendan Taman

Taman is entering his fourth season as GM and fifth with the Riders.

He took over the CFL club's football operations department in November of 2011.

"I am once again grateful for the vote of confidence shown to me by Jim Hopson and the Riders board of directors," said Taman.

"I understand and welcome the expectations and responsibilities that go along with having this position."

THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
Take what you desire rather than wait for someone to offer it to you. Whatever your number one ambition in life happens to be, that is what you should now be aiming for.

♉ Taurus
April 21 - May 21
Usually you get your way through sheer force of personality but cosmic activity in the most sensitive area of your chart makes that more difficult now. If you want something you'll have to offer something in return.

♊ Gemini
May 22 - June 21
Requests for help of a financial nature will come your way but if you are smart you will turn them all down. The best way to help others is to show them how to help themselves.

♋ Cancer
June 22 - July 23
Someone in a position of authority is about to offer you the chance to move several rungs up the ladder of success. Before you proceed ask yourself a serious question: do you really want this level of responsibility?

♌ Leo
July 24 - Aug. 23
Your confidence may be soaring now but don't go to extremes. At best you will make a fool of yourself; at worst others will expect you to be like that all the time. Try not to forget it's only an act. Isn't it?

♍ Virgo
Aug. 24 - Sept. 23
You may feel irrationally jealous today, which is not like you at all. The fact is your nerves are still on edge from the effects of the recent full moon, so stay calm and try to take nothing too seriously.

♎ Libra
Sept. 24 - Oct. 23
The best way to avoid confrontation is to remove yourself from areas where it is most likely to take place. Everything will be fine if everyone respects your space – and, of course, you must respect theirs.

♏ Scorpio
Oct. 24 - Nov. 22
You may have a lot of practical issues on your plate at the moment but don't neglect your feelings – or the feelings of those you love. Make time for others today – and even more time for yourself.

♐ Sagittarius
Nov. 23 - Dec. 21
The Sun in Aries is bringing all sorts of opportunities your way – all you have to do is reach out and grab them. But don't be greedy: there is plenty of good stuff to go around.

♑ Capricorn
Dec. 22 - Jan. 20
You may have to hide your true feelings if you want to avoid a scene. If you fall out with someone today they will be in a huff for weeks, so bite your lip and focus on things you can agree on.

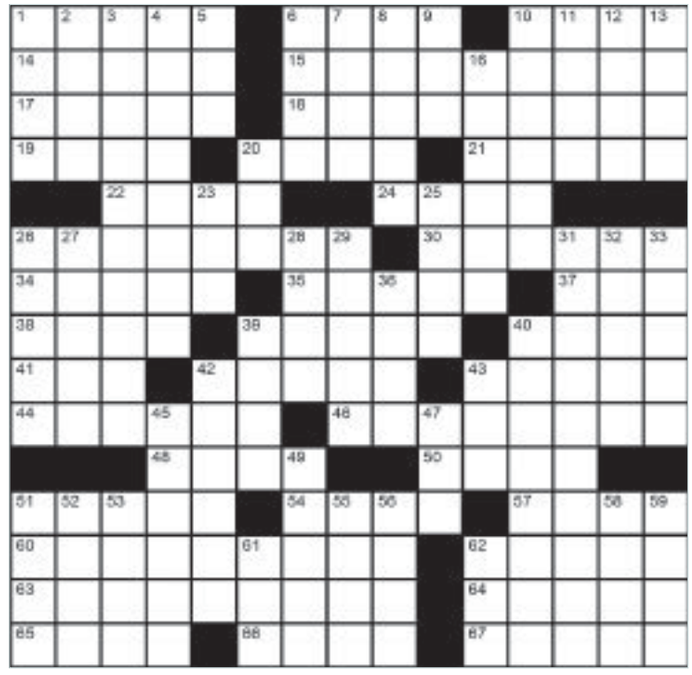
♒ Aquarius
Jan. 21 - Feb. 19
Seek out people who are fun, people who make you laugh when you are feeling down. And don't think of it as wasting time, because it's nothing of the sort.

♓ Pisces
Feb. 20 - March 20
You may be tempted to rush around today and finish all those half-completed jobs you think are so important. Don't bother. If they really were that important you would have done them all by now.

SALLY BROMPTON

Crossword: Canada Across and Down

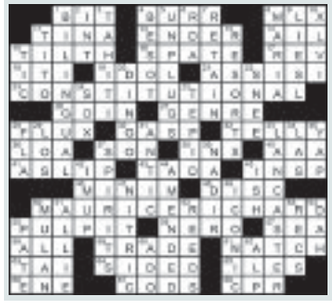
BY KELLY ANN BUCHANAN



Across
1. Truth __
6. Bat's hangout
10. Way out there
14. Immobilizes
15. "Rock 'N' Roll is a Vicious Game" band: 2 wds.
17. John Keats, for one
18. Lager brewed in Saint John
19. "What __ wrong?"
20. Early Beatles hit: "Love __ __"
21. Scenic view
22. Burkina __ (Nation in West Africa)
24. Churn
26. Unwelcome plot giveaways
30. World Heritage site gr.
34. Broadcaster Mr. King
35. Tidal bore
37. 'Profit' suffix
38. Ancient Greece's war god
39. Affordable noodle dish
40. Disapproving sound
41. Li'l roads
42. Supercharger
43. Zestfulness
44. Mob gig
46. "King of Kensington" star: 2 wds.
48. Building dwellings, for short
50. __ Perpetua (Idaho's motto)
51. Make a masterpiece
54. Arrow poison
57. Dismounted
60. Photos-driven website
62. Domicile
63. __ Royal, Nova Scotia
64. 'Nost' add-on (Retro sentiment)
65. '50s singer Mr. Domino
66. Prefix meaning 'Fire'
67. 'Twilight' books author Stephenie

Down
1. Pack away
2. Earth: German
3. British Columbia's Great Bear __
4. Not on the main floor, say
5. Winter hrs. in Colorado
6. Showed up
7. Snake, for one
8. Racecar sound
9. '_' __ for Edmonton
10. Janet Jackson's "Let's Wait __"
11. Sounds of mild disgust!
12. Subj. for ABC character Meredith Grey
13. __ _ (Stigma for Hester Prynne in 1850 Nathaniel Hawthorne book The Scarlet Letter)
16. NBC's "The Voice" coach Adam
20. Three Stooges member
23. Dodgy
25. 'Adj' add-on (End until later)
26. Single-named rock guitarist
27. PQ = __ Quebecois
28. __ Admiral
29. Ballroom dance
31. Study of earthquakes
32. Jai Alai basket
33. Mr. Welles
36. Earth sci.
39. Pipsqueak pup
40. The __ Family, as on "The Cosby Show"
42. Jail cell communication: 2 sounds.
43. Tank filling
45. Big swimming rays
47. Moviedom's Mr. Craven
49. Bad-tempered
51. French singer Edith
52. Actress Ms. Faris
53. "Say it __ so!"
55. Couple
56. Retort to "Are not!": 2 wds.
58. "Thus with a kiss _ __." - Romeo
59. Rip
61. Elephant gr. in US politics
62. Winnie-the-Pooh writer's monogram

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

3				5			8	4
6			3	8				
5	8	1						
			2			9		8
	6						2	
1		8			7			
						8	9	5
				6	9			7
2	7			4				3

Friday's Sudoku

1	8	6	5	2	3	7	9	4
3	5	4	9	7	6	1	8	2
9	2	7	1	4	8	6	5	3
5	4	2	8	6	7	9	3	1
8	3	1	2	9	5	4	7	6
7	6	9	3	1	4	5	2	8
2	7	3	4	5	1	8	6	9
6	1	8	7	3	9	2	4	5
4	9	5	6	8	2	3	1	7

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